

Seniors Taekwondo Class



This beginners Taekwondo class is perfect for the active adult! Increase cardio and flexibility while learning the traditional Korean martial art. \$30 uniform fee paid to instructor.



**First 10 signed up will
get a FREE uniform**

***CONFIDENCE through KNOWLEDGE in the mind. HONESTY in the heart.
STRENGTH in the body. Keep FRIENDSHIP with another.
Develop MIGHT FOR RIGHT. Build a strong & happy COMMUNITY. ***

BENEFITS

- *look & feel younger & healthier
- *relieve back pain & arthritis
- *relieve high & low blood pressure
- *improve blood circulation
- *boost energy level
- *self defense
- *increase flexibility & balance

MONDAYS & WEDNESDAYS

Sept 5 - 28

10:30a - 11:30a

\$40/Monthly

Facility Usage Card Required

Resident Discount: \$10/annually

Non-Resident: \$46/annually

**Come try the
1st class FREE!**

**Imperial Park Recreation Center (IPRC)
234 Matlage Way
Sugar Land, TX 77478
Call 281-275-2885 for more information**

